

A Department of Rockville Recreation and Parks Publication

New

Adults 60+

Recreation and Services Guide

Spring 2017



City of
Rockville
Get Into It



Rockville Senior Center • 1150 Carnation Drive • Rockville, MD 20850

Welcome

With spring shortly upon us, the cold, dark, snowy days will be a distant memory. The sign of spring bulbs catching their first glimmer of sunshine, and the smell of flowers blooming, remind us that winter is finally over and that it's the perfect time to discover spring and summer programs with Rockville Senior Services.

We are excited to provide the first of many issues of the "60+ Recreation and Services Guide," which we hope will put a little "spring" in your step this season. Designed just for you, this newly developed guide contains all your old favorites as well as newly developed services, classes, programs and events. Each of the sections in this guide begin with an article that may help you learn something new or develop a new interest.

To heighten your interest and knowledge, find valuable information on how to develop a Village program in Rockville. This dynamic program encourages neighbor-to-neighbor support that can provide you the necessary tools to age in place. Find NEW! programs such as the Pre- and Post-Rehab Training program, the Police Academy, or a trip to Fords Theatre to see "Ragtime." Also highlighted in this issue are a series of events in April to celebrate the 35th anniversary of the Rockville Senior Center.

It is the privilege of the Rockville Senior Services staff to continue to serve the citizens ages 60-plus in the City of Rockville. As always, we would like to thank you for all your support. Our programs and this newly developed marketing tool would not have become reality without your support.

Terri Hilton,
Manager for Senior Services



Stay Informed

www.rockvillemd.gov/seniorcenter

Email: seniorcenter@rockvillemd.gov

240-314-8800



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[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Rate Key:

Prices are listed as
Member (M)
Resident (R)
Non Resident (NR)

Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

Content

Rockville Senior Center Hours

Monday-Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.

Fitness Center Hours

Monday-Thursday, 7 a.m.-8 p.m.

Friday, 7 a.m.-7 p.m., Saturday, 7 a.m.-4 p.m.

Main Line/Registration: 240-314-8800

Directions: 240-314-5019

Bus Transportation/Lunch Reservations

240-314-8810

Center Membership Fees

\$40/year: Rockville Residents

\$135/year: Non-residents; \$65 spouse

Fitness Center Membership Fees

\$90/year (Must be a Senior Center member)

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Bridget Donnell Newton, Mayor
Councilmembers

Beryl L. Feinberg, Virginia D. Onley,
Julie Palakovich Carr, Mark Pierzchala

Robert DiSpirito, City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Registration Dates

(M) – Member registration begins **Tues., March 7**

(R) – Resident registration begins **Thurs., March 9** for Rockville residents who are not members of the Rockville Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) – Nonresident/Nonmember registration begins **Thurs., March 9** for adults age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

Any questions?

EMAIL US AT
seniorcenter@rockvillemd.gov

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.



More than Just Brain Games

What do Elvis Presley, Neil Armstrong, Bette Midler and The Rock have in common? They've all played the Ukulele. Now you can join the list of ukulele players and give your brain a great work out. According to the ed.TED.com lesson, "How Playing an instrument benefits your brain," there has been extensive research on the unique power of making music.

While playing an instrument, nearly every part of the brain is engaged at the same time, including motor, visual and auditory centers. In addition to Ukulele, the Rockville Senior Center offers classes for beginners to advanced players in piano and guitar. Music lessons are a great way to make new friends, defeat boredom and build self-esteem by learning a new skill.

Playing a musical instrument isn't the only form of cranial calisthenics that benefit older adults. Another effective way to meet new friends and engage your brain is through reading and discussing literature. The Rockville Senior Centers' new series, "Books that Changed America," is modeled after the new Library of Congress program and is sure to peak your interest. From beloved classics to obscure books that challenge the readers ingrained observations of the world. "Books that Changed America" series at the Senior Center will kick off with "The Adventures of Huckleberry Finn" and "Beloved."

These and other interesting programs, like the new police academy, are sure to be popular and may fill up quickly. Space is limited for some of the programs, so don't delay in registering.

If you've been around the Senior Center over the past few years, you'll likely recognize Judy Beck. Judy works part time at the center where she writes and directs plays for the Carnation Players, coordinates the Book Club, leads the Rockin' Red Hat Group, and is staff liaison to the Young in Heart Senior Club.

But did you know that Judy has been here from the very beginning? In 1978, long before the grand opening of our current facility in 1982, Judy was working part time as an activity assistant for the senior's "Wednesday Activity Center," located at the Social Hall of the F. Scott Fitzgerald Theatre. When the Rockville Senior Center opened in April 1982, Judy was the obvious choice to be the acting senior recreation supervisor. We can thank Judy for starting so many of the popular programs at the center, including the birthday parties and the gift shop, 35 years ago.



Benefits of the Senior Center Membership include:

Discounts on Senior Programs
 Discounts on Rentals
 Eligibility to join the
 Fitness Center
 Early Class Registration
 Discounts in all Rockville adult classes
 Eligible for Senior Garden Plots

AAA CarFit

Back by popular demand! CarFit is a program designed to be a quick, comprehensive check of how well you and your vehicle work together. A trained professional helps you complete a 12-point checklist. You must register and will be given an appointment for you and your car. Call 240-314-8803. (Everyone who drives should do this program!)

58772 Th 4/20 9:30 AM-2:30 PM Free/\$2
 Senior Center Parking Lot

New! Appraisal Roadshow

Bring your antiques. Peenstra Antiques Appraisals and NovaGold LLC offer free appraisals and advice. Who knows, you could have a real treasure on your hands. Register in advance by June 2 and list your one or two items. The first 25 registrants have their items evaluated and the audience gets to listen in! Bring paintings, toys, jewelry, silver, porcelain, coins, furniture and documents.

59162 M 6/12 1-2:30 PM Free/\$5/\$7
 Glenview Mansion

Celebrating long-time member Betty Clayton-

Betty joined Rockville Senior Center in 2004. As a former City of Rockville dance instructor she led the Rockvillettes in late 1950s to 1960s. "I have a senior center very close to my house, but nothing comes close to the Rockville Senior Center because of the amazing people there."

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events, held in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party, based on availability.

April Party

Sponsored by: Lucinda Hall, Judy Pretka, Oscar Sejas, PBJ4 Care Inc.

Entertainment by: Goldenaires Band

58614 W 4/5 1:30-3 PM Free/\$7

May Party

Sponsored by: Shirley Bertoni

Entertainment by: Barry Wendell Trio

58615 W 5/3 1:30-3 PM Free/\$7
 Carnation Room

New! June Party

Sponsored by: JoAnne Barron, Virginia Onley, Jean Gregory, Linda and Jerry Rafats

Entertainment by: The Carnation Players and The Showstoppers

58616 W 6/7 1:30-3 PM Free/\$7
 F. Scott Fitzgerald Theatre



Arts & Entertainment

Book Club

An in-depth discussion covering a broad spectrum of books, ranging from older classics to current best sellers. Books are selected by the group at each session. A moderator presents topics for discussion.

58559 Th 4/6 & 5/4 10-11 AM Free/\$7
Board Room/Beck

New! Books That Changed America

Each session of this new course takes a brief look at a work that has contributed to America's rich and extraordinary literary heritage. Professor Joan Adams discusses books selected by the Library of Congress. This program intends to ignite conversation about American authors and their works.

Adventures of Huckleberry Finn

Twain's masterpiece is still a matter of controversy in the U.S. What about this work has made it last so long, yet still instills such strong feelings, culturally and politically?

58768 M 5/15 10:15-11:15 AM \$6/\$9/\$11
Card Room

Bridge – Beginner Plus

Fun and instructive class for those who have taken a beginner class within the last year or want to improve their game. Classes start with a lesson and finish with supervised play, while building on further development of the 2 over 1 bidding system. No class April 11.

58952 Tu 3/21-5/9 1-3 PM \$85/\$93/\$115
Lounge

Carnation Players

Calling all characters! If you can sing, dance, play an instrument or want to be in a skit, we need you. The Players can't guarantee fame and fortune, but you'll have lots of fun. Group performs for center events and in the community. In June, the Players perform on stage at the F. Scott Fitzgerald Theatre.

58750 Tu 3/21-5/23 3-4 PM Free/\$7
Carnation Room/Beck

Celebrating 35 years

"I love the french class! The teacher is very professional and patient."

-Carmen Barrientos

Fashion Show *with Taylor Marie*

Thursday, March 30 • 1-2:30 p.m.

Rockville Senior Center

Project Runway brings the shopping to us, along with creative accessories, many below-retail.

Light refreshments served

Course #57766

\$5 members; \$7 residents

\$10 Non-members

Citizenship Class

If you have been a U.S. resident for four years and nine months and want to become a citizen, sign up. Offers instruction in English, and communication, and preparation for the U.S. Citizen and Immigration Services naturalization interview. Priority be given to seniors and members of the Rockville Senior Center.

58704 M & W 4/3-6/12 12:30-2 PM \$20/\$22/\$27
Azalea Room

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on April 3, 4, 5 from 9:30-10:30 a.m. A \$10 book fee may be required at the first class.

English 1- Beginner

58705 M & W 4/3-6/7 10 AM-12 PM \$20/\$22/\$27
Arts and Crafts Room

English 2- High Beginner

58706 Tu & Th 4/4-6/8 10 AM-12 PM \$20/\$22/\$27

English 3- Intermediate

58707 Tu & Th 4/4-6/8 10 AM-12 PM \$20/\$22/\$27
Card Room

English 4- Advanced

58708 M & W 4/3-6/7 10 AM-12 PM \$20/\$22/\$27
Azalea Room

English Conversation Classes

Speak more confidently about everyday topics.

58710 Tu 4/11-6/6 1-2:30 PM \$14/\$16/\$18
Arts and Crafts Room

New! Exploring Laughter through Theatre

Let's explore this fun new class together. Stephanie Phelan leads us in celebration of the healing benefits of laughter through script study and theater games with a good dose of laughter and animated conversation. Go home smiling.

58953 Tu 4/25-5/30 1:45-2:45 PM \$15/\$20/\$25
Carnation Room

New! Fashion Show with Taylor Marie

Join us in the Carnation Room for our own "Project Runway" — without all the drama and sewing disasters. Taylor Marie brings the shopping to us, with the latest spring fashions in sizes and creative accessories for all. Sit back and relax while our own Senior Center models wow you with designer clothing at below-retail prices. Light refreshments are served.

57766 Th 3/30 1-2:30 PM \$5/\$7/\$10
Carnation Room

French – Beginner

If you have never studied the French language or if you haven't used your previous knowledge of French for some time, this is the class for you. Build a solid foundation for conversational French through a visual and immersion technique. Handout fee included in price.

58757 M & W 4/17-5/24 10-11:30 AM \$50/\$55/\$60
Board Room/Bender

French – Continuing

This class is for those who have a working knowledge of French and want to improve grammar and communication skills. Handout fee included in price.

58766 M & W 4/17-5/24 1-2:30 PM \$50/\$55/\$60
Blossom Room/Bender

Celebrate 35 years with us!

Rockville Senior Center

HEALTH FAIR



Wednesday, May 24

11 a.m.-1:30 p.m.

FREE

Health screenings
healthy snacks and more!!

New! FunDrum Circle

Come celebrate community, reconnect with your inner rhythm and have tons of fun playing together in a supercharged drum circle. Led by Jonathan Murray of FunDrum Rhythm Circles. Drumming together in a group is a fun, engaging activity that promotes well-being and positive social interaction. No experience necessary.

58733 W 5/31 1-2 PM \$7/\$10/\$14
Carnation Room

New! Gourmands On The Move

The gourmands are on the move, this time to Frederick. We dine at Gladchuk Brothers Restaurant, selecting from the freshest seasonal menu available. The chefs bake daily and all meals are prepared to order with homemade soups, sauces and desserts. Drinks and dinner are on your own. Trip includes charter bus transportation.

59185 Th 6/8 4-8 PM \$28/\$35/\$40
Glenview Mansion

Guitar – Beginner/Continuing

Learn the basics or refresh your acoustic guitar skills in a variety of styles. Class covers basic strumming techniques, scales and melodies, basic theory, and tips to get you playing like a champ! Students have the opportunity to play chords, melodies and even sing along to some of their favorite songs. Students need a guitar and notebook. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820.

58752 W 3/29-5/10 12:30-1:20 PM \$85/\$107/\$134
Board Room

Arts & Entertainment

New! Hand-Painted Vase

Enjoy springtime at its best with a relaxing, fun class taught by Cathy Pasquarello, who guides you through the simple process of painting on a glass vase. All materials, supplies and instruction are included and you have a beautiful piece of artwork when you're finished.

58619 M 5/1 10:30 AM-12:30 PM \$12/\$15/\$19
Twinbrook CRC

Investment Education Class

Join us in an interactive four-week investment education class hosted by financial advisor Mark Corbett of Edward Jones. Topics include how to develop a sound investing strategy, how to identify and avoid the most common investment mistakes; stock basics, including types, characteristics, investing and creating reliable income streams, mutual fund basics, features, benefits, risks and types; tax-free investing strategies; and understanding managed investment accounts. All materials provided at no cost.

58742 Tu 5/2-5/23 1-3 PM Free
Azalea Room

New! Kimono Beyond Fashion

Kimono is an attire of harmony. Discuss and be introduced to the timeline of kimono, from the historical to modern day. Go beyond just fashion to learn about the kimono's styles, ranks, motif designs, materials and, most importantly, spirituality. Learn what the kimono harmonizes with and about its positive influence on Japanese people and culture.

58106 F 4/21 1:30-2:30 PM \$8/\$11/\$13
Azalea Room



Celebrating 35 years

"Rockville Senior Center is the best thing that has happened to me since moving to Rockville. It's incredible and everyone is so friendly and willing to help."

-Phyllis Weinberg.

New! Let's Go On Safari

A comparison of three different styles for visiting Southern Africa on safari. The presenter compares and contrasts from personal experience a variety of tours throughout Southern Africa-South Africa, Namibia and Botswana. Tour components, such as mode of transportation, food, cultural activities, history and, of course, game drives for viewing animals, are compared.

58734 Tu 4/25 10:30-11:30 AM Free/\$5/\$7
Azalea Room

New! Movers and Shakers

Join college professor Joan Adams as she introduces a new program. Each session focuses on the life and times of Americans who have made life in the U.S. better, easier, safer and more enjoyable.

April Fools – Comedians Part 1

The life and times of comedians Red Skelton and Lucille Ball are spotlighted in this lighthearted look at the folks who make us laugh.

58686 M 4/10 10:15-11:15 AM \$6/\$9/\$11

April Fools – Comedians Part 2

The next installment includes comedians Jack Benny and married couple George Burns and Gracie Allen. These iconic comedians helped entertain American families with their wit and wisdom.

58732 M 4/24 10:15-11:15 AM \$6/\$9/\$11

Founding Mothers

On the road to revolution with these founding Mothers. Eliza Lucas Pinckney: Did she have too much brain power for her own good? Esther Edwards Burr: Daughter of a preacher but keeper of a journal. What did she leave her famous son? Deborah Read Franklin: She met Ben when she was 15 and he 17. What happened when she married John Rogers and not Ben?

58767 M 5/1 10:15-11:15 AM \$6/\$9/\$11
Card Room



Music Enrichment with Irv

Irv Chamberlain is head-over-heels in love with music. He has shared this ardor in lectures on all aspects of great American music. His presentations examine vocalists and solo instrumentalists, as well as major American composers. He plays selections of their works and incorporates the ups and downs of their lives and careers.

New! American Piano Classics

Lush romantic ballads, swinging jump tunes and all played by the originators of jazz piano over the decades. Explore the talents of Basie, Ellington, Brubeck, Garner, and many others. They found the hidden facets of melodies and spontaneously created masterworks.

58682 W 3/15 1-2:30 PM \$6/\$9/\$11
Card Room

New! New York – Songs of the City

Irv Chamberlain brings the exciting music of this magical city to life in this three-part program. Wistful, nostalgic, romantic, humorous, sophisticated — all sides of this captivating metropolis are covered with songs by Sinatra, Torme, Astaire, Ellington, Goodman, and many more.

58774 W 4/12, 5/10, 6/14 1-2:30 PM \$18/\$23/\$29
Card Room

New! Painted Fruit Bowl

Apples, oranges, and pears ... oh my! Join Cathy Pasquarello for this fun painting-on-glass class. From beginners to experienced artists, this class is for you! All supplies and instruction are included, along with examples to get your creative juices flowing.

58618 Tu 3/28 10:30 AM-12:30 PM \$12/\$15/\$19
Arts and Crafts Room

Piano – Continuing Students

This course is for our continuing, most advanced students. The course focusses on keyboard, rhythms and techniques. Students must have taken at least two sessions prior. Class is limited to four students to allow for individual attention.

58754 Tu 3/28-5/9 11:30 AM-12:20 PM \$85/\$107/\$134
Board Room

Piano Beginner II

This course is for students who have completed a basic beginner course in the last year. Class continues to cover keyboard, rhythms and techniques. Limited to four participants to allow for individual instruction.

58755 Tu 3/28-5/9 10:30-11:20 AM \$85/\$107/\$134
58756 Tu 3/28-5/9 2-2:50 PM \$85/\$107/\$134
Board Room

Piecemakers' Club

Join our friendly group of quilters, share ideas and techniques, and keep current on the latest trends in quilting. Work on your own or join a group project. No class May 29.

58620 M 4/3-6/5 12:45-2:45 PM \$9/\$13/\$17
Arts and Crafts Room/Broad

New! Police Academy

Join us for this important program highlighting safety and education for our 60-plus population. Classes cover code enforcement, K-9, and forensic science, to name a few. The last session tours the Rockville Police Station. Program facilitated by Cpl. Ken Matney.

58092 W 3/22-4/26 10:30 AM-12 PM Free/\$7
Azalea Room



Arts & Entertainment

New! Religions of the World

The role religion plays in culture, society and politics has become more intense in the last two decades. A four-part introductory series begins a brief look at Buddhism, Hinduism, Islam and Judaism. This course is a springboard to discussion on the major precepts and beliefs of each religion. See how they may have impacted us as individuals and a society. Class taught by college professor Marvin Adams.

58776 W 4/26-6/7 1:30-2:30 PM \$24/\$30/\$35
Blossom Room

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center.

Naturally Science

Chris Helmuth has six years experience teaching Hands on Science. Chris, an artist, uses natural material to explain how interactive early play leads to innovation in science.

58712 Tu 4/11 1-2 PM Free

Building Green

Nancy DeLalio, with American Institutes of Architects, discusses environmentally inspiring buildings, including green roofs and solar glass use.

58713 Tu 5/9 1-2 PM Free

Rock On!

Phil Justus, Ph.D., delights you with his selection of rocks and minerals. Bring specimens and Justus will help identify them.

58714 Tu 6/13 1-2 PM Free
Board Room

New! She Is Music

"She Is Music: A Thousand Years of Vocal Music by Women Composers," presented by Kay Krekow of the American Center for Puccini Studies. Kay presents both songs and accompanying commentary about the unique circumstances that enabled these women to practice their craft.

58685 W 5/17 10:30 AM-12 PM \$6/\$9/\$11
Azalea Room

SPRING YARD SALE

Sponsored by Rockville Seniors, Inc.

Saturday, May 6 • 8 a.m.-1 p.m.

Concessions | Household Items | Plant Sale

Gift and Thrift Shops Open

Spaces available – \$20 for Senior Center members,

\$25 for nonmembers, \$10 table fee.

Call for a registration form.

240-314-8800

Rain date: May 13

New! Spies of the Revolutionary War

Professor McDermott's latest research is on spies of the Revolutionary War. What techniques did these clever men and women use during that time? This PowerPoint presentation opens up new insights into espionage at the beginning of our nation.

58681 W 3/29 1-2 PM \$6/\$9/\$11
Azalea Room

Ukulele

Have a blast learning authentic Hawaiian ukulele! Topics include chords and strumming, ukulele techniques and songs. This class is for multiple skill levels. Due to individual instruction, all levels can be accommodated. Ukulele rentals are available through The School of Music for \$30 per semester. Call 240-314-8820 to arrange for your ukulele.

58753 W 3/29-5/10 1:30-2:20 PM \$85/\$107/\$134
Board Room

Celebrating long time member Jean Gregory

Jean joined the Rockville Senior Center in 1990. Thirty-five years ago when the Rockville Senior Center opened, Jean was working as a full-time community nurse.

"I loved taking care of elderly people. The RSC has been very important to me. I went on my first cruise with RSC to Europe and it was wonderful! We've had some great trips. As we get older, family is important. I'm lucky to have my own family, my senior center family, and my church family. It is the best part of aging."



Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Fry's wealth of experience in the medium means her classes fill quickly.

Beginner

This class introduces the basics of color, brush handling, composition and technique. The class emphasizes creative expression and developing your unique style. Register by April 4. Supply list available at Senior Center Information Desk.

58093 Tu 4/18-5/30 10 AM-12 PM \$86/\$107/\$134

Intermediate

For participants with some watercolor experience. Class focuses on composition, color harmony and movement, and explores color mixing, splattering, wet into wet and other techniques.

58094 Tu 4/18-5/30 1-3 PM \$86/\$107/\$134

58095 Th 4/20-6/1 1-3 PM \$86/\$107/\$134

Blossom Room/Fry

Advanced

For the experienced painter. Class encourages participants to simplify design plans while looking at more abstract shapes, contrasts and emotions. Emphasis is on building use of color, composition and your own unique style.

58096 Th 4/20-6/1 10 AM-12 PM \$86/\$107/\$134

Card Room/Fry

New! Watercolor Landscapes

Use different textural tools and watercolor pencils as you work on landscapes. This class encourages participants to think more creatively and add interest to their paintings. Bring your watercolor supplies. The instructor provides textural tools.

58401 Tu & Th 3/21-3/23 1-3 PM \$26/\$33/\$41
Blossom Room/Fry

New! What a Gem

Create your own unique pair of earrings in this beginner jewelry-making class. Select semi-precious stones and beads from around the world. The instructor has the tools and supplies to make your project. Hand-crafted earrings make a lovely birthday gift, or keep them yourself. A supply fee of \$15 is due to the instructor at class.

58617 M 4/3 10:30 AM-12:30 PM \$10/\$13/\$16
Elwood Smith RC

New! What are Gesneriads?

Do you recognize these names: Streptocarpus, Nematanthus, Primulina, Episcia? These colorful names are the fascinating cousins of the humble African violet. There are over 3,400 species of Gesneriads, flowers that look like goldfish, orchids and lipstick, and are adorned with strangely patterned leaves in many colors, sizes and shapes. Michael Salapka describes the interesting world of Gesneriads.

58775 Th 4/13 1-2:30 PM \$6/\$9/\$11
Blossom Room

Wine and Cheese Open House

The 35th celebration continues with an evening to meet new friends and the staff at the Senior Center. Bus transportation is available for Rockville residents by calling 240-314-8810 by April 14.

59168 Tu 4/18 5-6:30 PM Free
Carnation Room

Celebrating 35 years

"I've been coming to the Rockville Senior Center for 10 years. Playing table tennis gives me the opportunity to enjoy the company of others."

-Yvonne



The Great Escape

Who doesn't love a hassle-free escape? Join your friends at the Rockville Senior Center and gallivant your way through D.C. Enjoy the Tony-winning musical "Ragtime" at the Ford's Theatre, marvel at the cherry blossoms in spring, or enjoy a chili dog while cheering on the Nats at the ballpark.

When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus, equipped with restrooms. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay. Call 240-314-8800 for more information.

TRIP REGISTRATION

In-Person Lottery

Thursday, March 9, 10:30 a.m.

Senior Center members and residents. Numbers distributed random order, 10:15 a.m.



Friday, March 10

Nonresidents and nonmembers. Registrations accepted at Senior Center only. Individuals may register for themselves and one other person.



New! Ragtime at Fords Theatre

Based on E.L. Doctorow's celebrated novel, this epic Tony Award winning musical depicts three families striving for the American dream at the turn of the 20th century. The lives of a wealthy white family, a daring Harlem musician and a determined Jewish immigrant intersect and their fates are bound. Lunch at Tony and Joe's in Georgetown and a drive by the cherry blossoms are planned. Trip includes charter bus transportation, lunch, leadership and show.

58748 F 4/7 10 AM-6 PM \$98/\$123/\$142
Glenview Mansion

New! Great Escape

Escape by traveling on the Senior Center bus, with our first stop at Normandy Farm Restaurant, where you can purchase breakfast on your own. Then we're off to the C & O Canal at Great Falls Park to ride the canal boat and learn about life and travel in the 1870's. Hike the short distance to the Falls Overlook and enjoy the majesty of Mother Nature. Trip includes Senior Center bus transportation, park fee, leadership and boat ride.

59077 F 4/28 9 AM-1:30 PM \$26/\$33/\$38
Rockville Sr. Center



New! Washington Nationals Baseball

After another successful baseball season, the Nats expect 2017 to be a great year, so come along and root for the home team. We have beautiful club-level seats for an upcoming game. We don't have the date and opponent yet, but we will by trip registration. Note: Food and beverages are on your own. Trip includes: charter bus transportation, leadership and tickets.

58747 TBA 11 AM-5:30 PM \$85/\$106/\$122
Glenview Mansion

New! Rails and Sails

We are Baltimore bound with our first stop at the B & O Railroad Museum for a docent-led tour, followed by a short train ride. Then off to Bubba Gumps for lunch before boarding The Annapolitan II for a narrated cruise around Baltimore harbor. Trip includes charter bus transportation, tour, lunch, leadership and boat ride.

58777 Th 6/1 9 AM-4 PM \$99/\$124/\$143
Glenview Mansion

New! 'The Drowsy Chaperone'

Travel to the Pennsylvania countryside. The first stop is Hickory Bridge Farm for a delicious family-style lunch, featuring oven-fried chicken and baked ham with all the trimmings. Then we're off to the Totem Pole Playhouse to see the five-time Tony Award-winning musical, "The Drowsy Chaperone." The show has one show-stopping song and dance number after another that's sure to have you dancing in your seat. Trip includes lunch, charter bus transportation, leadership and show.

58751 Tu 6/20 10 AM-7 PM \$89/\$110/\$126
Glenview Mansion



Technology: Love it and Learn it

Do you have Facebook phobia? Or maybe you are among the millions of older adults who embrace technology but are uncertain on how to use all the features on your smart phone. Did you know your wellbeing may improve if you join those who are active on the internet?

“According to the Pew Research Center, Internet use among those 65 and older grew 150 percent between 2009 and 2011, the largest growth in a demographic group,” Anita Kamiel wrote in The Huffington Post. “Furthermore, their 2012 study showed that of those that go online, 71 percent

do so daily and 34 percent use social media. Older adults use these tools to bridge the geographic gap between them and their loved ones far away and as a way to re-connect with friends from a far off time. Studies show that the internet has become an important portal for reducing isolation, loneliness and other depressive symptoms.”

Learn how to connect with your loved ones on Facebook and through your smart phone with classes at the Rockville Senior Center!



Computers

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email ahickman@rockvillemd.gov (B) = Beginner; (I) = Intermediate; (IP) = Intermediate Photography.

(AP) Photoshop Advanced

For students who have taken “Photoshop for Beginners” or know the software. Continued and more advanced use of Photoshop tools and techniques.

59066 M & W 4/17-4/26 3-5 PM \$36/\$46/\$52
Computer Lab/Bender

(B) Apple iPhone

iPhone basics, terminology, physical layout and settings. Bring iPhone, power cord and adapter. If you have an iTunes account, bring login ID and password. This class will meet four times.

59076 Tu & Th 4/20-5/9 1-3 PM \$42/\$50/\$62
Computer Lab

Memorial Day Closed
Rockville Senior Center Building
& Fitness Room Closed May, 29

(B) Computer Basics

Basic skills, computer vocabulary, opening and saving files, monitor and desktop settings, shortcuts, menus and software. Access the internet and email from any computer.

58998	Tu & Th	3/21-3/23	10 AM-12 PM	\$15/\$20/\$25
59000	Tu & Th	4/11-4/13	10 AM-12 PM	\$15/\$20/\$25
58999	Tu & Th	5/16-5/18	10 AM-12 PM	\$15/\$20/\$25

Computer Lab/Hickman

(B) Computers – Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating and/or deleting a desktop shortcut.

59064	Th	4/27	1-3 PM	\$5/\$7/\$9
59065	Th	5/25	1-3 PM	\$5/\$7/\$9

Computer Lab/Martin

(B) Email Basics

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails.

59061	Th	5/4	1-3 PM	Free/\$5/\$7
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Computer Lab/Martin

(B) Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer.

59027	M & W	3/6-3/8	1-3 PM	\$15/\$20/\$25
59028	M & W	5/22-5/24	10 AM-12 PM	\$15/\$20/\$25

Computer Lab/Hickman

(B) New to Computers?

New to computers (or afraid to learn) with the basic components of computers? Learn everyday tasks like email, word processing and surfing the web. No experience required.

59019	W	3/1	10 AM-12 PM	\$5/\$7/\$9
59020	W	4/5	10 AM-12 PM	\$5/\$7/\$9
59021	W	5/3	10 AM-12 PM	\$5/\$7/\$9

Computer Lab/Hickman

(B) Practice Lab – Beginners

Become familiar with basic keyboard functions. Move at your own pace with individualized instruction.

59073	F	2/24-5/26	10:30 AM-12 PM	Free/\$3/\$5
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Computer Lab

(B) Using Right Click – Left Click

Understand your mouse and discover how to find, move, copy and save files and pictures. Create or delete shortcut icons on your desktop, emails and documents.

58983	Th	3/16	1-3 PM	\$5/\$7/\$9
58984	Th	4/6	1-3 PM	\$5/\$7/\$9

Computer Lab/Martin

(B) Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have.

59058	Th	3/30	10 AM-12 PM	\$15/\$20/\$25
59059	Th	4/27	10 AM-12 PM	\$15/\$20/\$25
59060	Th	5/11	10 AM-12 PM	\$15/\$20/\$25

Computer Lab/Hickman

(BI) PC Infections

Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn to identify the signs and symptoms of malicious software.

59022	Th	3/2	1-3 PM	\$7/\$9/\$13
59023	Th	4/6	10 AM-12 PM	\$7/\$9/\$13
59024	Tu	5/23	1-3 PM	\$7/\$9/\$13

Computer Lab/Hickman

(BI) Phone Pictures to PC

Learn how to transfer pictures from your mobile devices to your computer. Make folders, organize your pictures and have fun with your picture projects.

59069	M	4/3	1-3 PM	\$7/\$9/\$13
59070	Tu	5/30	10 AM-12 PM	\$7/\$9/\$13

Computer Lab

(BI) Computer Voice Commands

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse and more. Program requires Windows 7 or 8.

59067 Tu 4/4 1-3 PM \$9/\$11/\$15
Computer Lab/Hickman

(BP) Photoshop for Beginners

Students learn how to use layers and adjustments to build images not possible before the advent of this great software.

59063 M & W 4/3-4/12 3-5 PM \$64/\$74/\$84
Computer Lab

(I) Computer Troubleshooting

Learn basic troubleshooting techniques and solve your computer problems.

58981 Th 3/9-3/16 10 AM-12 PM \$15/\$20/\$25
58982 Tu & Th 5/23-5/25 10 AM-12 PM \$15/\$20/\$25
Computer Lab/Hickman

(I) Facebook – Beginner

Learn how to join the world of Facebook and set up an account in class. Create personal profiles to connect and share with friends and family.

59222 Tu 3/28 10 AM-12 PM \$9/\$11/\$15
59227 M 4/3 10 AM-12 PM \$9/\$11/\$15
Computer Lab/Kranzberg

(I) Laptops – Windows 7

Bring your laptop to class and learn about wireless connections, touch pads, internet access, protecting your computer from theft and other important features of Windows 7.

59045 M & W 3/13-3/15 1-3 PM \$15/\$20/\$26
59046 M & W 5/1-5/3 1-3 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Laptops – Windows 8

Bring your laptop to class and learn about wireless connections, touch pads, internet access, protecting your computer from theft, and other important features of Windows 8.

58996 M & W 3/20-3/22 1-3 PM \$15/\$20/\$25
58997 M & W 5/8-5/10 1-3 PM \$15/\$20/\$25
Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? These tips help improve performance and answer questions that puzzle you about your computer.

59009 Tu & Th 3/21-3/23 1-3 PM \$9/\$11/\$13
59010 M & W 4/10-4/12 10 AM-12 PM \$9/\$11/\$13
59011 Tu & Th 5/16-5/18 1-3 PM \$9/\$11/\$13
Computer Lab/Hickman

(I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version). A \$5 handout fee is payable to instructor at first class.

59025 M & W 3/6-3/15 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; create and use advanced database features; work with multiple worksheets and workbooks.

59026 M & W 4/10-4/17 1-3 PM \$27/\$34/\$42
Computer Lab/Hickman

INTERNATIONAL DAY A Celebration of Cultures

Friday, June 9 • 10:30 a.m.-noon

Displays • Costumes • Tastings
Dance demonstrations.



(I) Microsoft Word

Learn to line up text, collate a list and make documents look professional.

58988 M & W 3/20-3/27 10 AM-12 PM \$27/\$34/\$42
 58989 M & W 4/17-4/24 10 AM-12 PM \$27/\$34/\$42
 Computer Lab/Hickman

(I) PowerPoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics also include how to add titles, charts, tables and pictures.

58991 M & W 5/1-5/10 10 AM-12 PM \$27/\$34/\$42
 Computer Lab/Hickman

(I) Using Thumb Drives , Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It is important to have a backup.

59035 W 3/1 1-3 PM \$7/\$9/\$13
 59036 W 4/26 10 AM-12 PM \$7/\$9/\$13
 59037 Th 5/4 10 AM-12 PM \$7/\$9/\$13
 Computer Lab/Hickman

(I) Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform.

59012 M & W 3/27-3/29 1-3 PM \$27/\$34/\$42
 59013 M & W 5/15-5/17 10 AM-12 PM \$27/\$34/\$42
 Computer Lab/Hickman

(IP) Advance Digital Photography

This is a continuation of camera use with emphasis on individual controls, manual, aperture, shutter speed and flash. Bring a pocket storage device and your camera with the instructions. Handout fee included in price.

58990 M & W 3/20-3/29 3-5 PM \$120/\$150/\$170
 58995 M & W 5/15-5/24 3-5 PM \$120/\$150/\$170
 Computer Lab/Bender

(IP) Digital Photography

Learn various camera settings that yield the best results. Calibration of your camera, composition, active-shooting assignments, review and critique of your pictures. Bring your camera and manual to each class.

59033 M & W 3/6-3/15 3-5 PM \$117/\$143/\$169
 59034 M & W 5/1-5/10 3-5 PM \$117/\$143/\$169
 Computer Lab/Bender

(B) iPad Basics

A hands-on class for beginners and anyone who wants to get more out of their iPad. Bring your iPad, power cord and adapter. If you have an iTunes account, bring your login ID and password.

59075 Tu & Th 4/20-5/9 10 AM-12 PM \$42/\$50/\$62
 Lounge/Kranzberg

FlipPhone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons.

59047 W 3/29 10 AM-12 PM \$11/\$13/\$15
 59048 Tu 4/4 10 AM-12 PM \$11/\$13/\$15
 59049 M 5/22 1-3 PM \$11/\$13/\$15
 Computer Lab/Hickman

Buying Digital Camera

Shopping for a digital camera once seemed simple. Learn about cameras and the software options available. Become familiar with jargon and shop for the best deal.

59071 W 5/31 1-3 PM Free
 Blossom Room/Bender

Coding for Beginners

If you're someone who wants to learn about coding, but you haven't got a clue where to start, let us help. Taking this course enables you to easily make your own creations appear on the computer screen, from art to science to theater.

59171 Th-F 5/11-5/19 1-3 PM Free
 59172 F 6/9-6/23 1-3 PM Free
 Computer Lab/Katzper

Celebrating 35 years

"I enjoy volunteering here because I meet new interesting people"

-D. Mathieson

Fun with Pictures

Introduces drawing features in MS Word and Windows Paint program. Covers elementary manipulation of pictures and text in documents.

59068 M & W 5/15-5/17 1-3 PM \$5/\$7/\$9
Computer Lab/Martin

Mounting and Matting

Learn how to use a relatively inexpensive matte cutting tool to save money on mounting and framing. Bring an 8-by-10 photograph to mount (two will be chosen).

59053 W 5/31 10 AM-12 PM \$12/\$13/\$17
Blossom Room/Bender

New! Android Phone Basics

Let's take a look at many of the preinstalled apps on your device, see pictures and video clips, and download games from the app store. Use the messaging app to communicate with your friends and more.

59055 Tu & Th 3/28-3/30 1-3 PM \$15/\$20/\$25
59056 M & W 4/24-4/26 1-3 PM \$15/\$20/\$25
59057 Tu & Th 5/30-6/1 1-3 PM \$15/\$20/\$25
Computer Lab/Bender

New! Google Apps & Extensions

Ever wonder about the squares in the upper-right corner of any Google page? They're a portal into a whole new Google world, with calendars, maps, photos, and anything else you can think of to make your time online more productive, useful and fun.

59220 Tu & Th 4/4-4/6 3-5 PM \$9/\$11/\$15
59221 Tu 3/7-3/14 3-5 PM \$9/\$11/\$15
Computer Lab/Hickman

New! Mess to Less

Learn how to organize documents into folders, photos into albums, and when and how to put one folder into another.

59052 Tu 3/7-3/14 1-3 PM \$15/\$20/\$25
Computer Lab/Kranzberg

Water Saving Toilets Available for Low-income Homeowners

The city's Fiscal Year 2017 budget includes funds for a water conservation program to replace inefficient toilets in the homes of city homeowners, based on financial need.

For more information and to apply contact the city's Community Services Division at 240-314-8310. Seniors (60 years of age or older) should call Senior Services at 240-314-8810.

Tablet Pictures to PC

Learn how to copy pictures to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class.

59016 Th 3/2 10 AM-12 PM \$7/\$9/\$13
59017 Tu 4/11 1-3 PM \$7/\$9/\$13
59018 W 5/24 1-3 PM \$7/\$9/\$13
Computer Lab/Hickman

Windows Explorer

Windows Explorer is the program you use to browse through the files on your computer and connected devices. You can use it to browse network locations, manage your files and much more.

59043 Th 3/9 1-3 PM \$6/\$8/\$10
59044 Th 4/13 1-3 PM \$6/\$8/\$10
Computer Lab/Martin

Celebrating long time member Edwin Kindred

Rockville Senior Center member since 2009. Thirty-five years ago when the RSC first opened, "I was still a whippersnapper working as a marketing rep for IBM. "After I retired, my daughter insisted I join RSC. I told her I didn't want to be around old, boring people. I joined and found that the people at RSC are anything BUT boring! I've made some really good friends and have had lots of fun doing it! The fitness center is a great bargain!"



The Importance of Hydration

How Much Should You Drink During Exercise?

Did you remember to bring a water bottle to your workout?

Dehydration can creep up on experienced fitness gurus and novices alike. Alas, drinking too much water can be harmful as well, so how do you know what the appropriate amount to drink is while working out?

According to the SparkPeople.com article, "Drinking Water During Exercise" by Dean Anderson and Becky Hand, it depends on a number of factors, including climate, and the length and intensity of your workout. In general, Anderson and Hand suggest pre-hydrating with 8-16 ounces of water at least 15 minutes before your workout, drinking 4-8 ounces every 15 minutes during your

workout, and finishing with 16-24 ounces after your workout.

They go on to explain that if your workout is especially long or the environment is hot and/or humid, you may need more than just water to sustain energy and replenish lost nutrients, such as sodium. In these situations, they recommend sports drinks.

With Rockville Senior Centers' state-of-the-art fitness room, and scores of fitness classes for all levels, you're sure to find an exercise regimen that works for you. As always, consult your physician before starting a new fitness program and remember to bring your water bottle!

Fitness and Sports

A Matter of Balance

Balance exercises help improve stability, coordination, leg strength and posture. The exercises in this class help reduce the risk of falling, injury and improve overall daily life.

58621 W 4/12-6/7 12:10-12:50 PM \$33/\$38/\$48
Exercise Room/Finn

Abs and Back

This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid- and lower-back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat.

58622 Tu 4/11-6/6 5-5:45 PM \$40/\$48/\$57
Exercise Room/D'Angelo

Fitness and Sports

Aerobic Workout

Step up to the latest exercise designed for the active senior who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music.

58624 Tu & Th 4/11-6/8 11 AM-12 PM \$55/\$64/\$75
58623 W 4/12-6/7 2:15-3:15 PM \$35/\$44/\$52
Exercise Room/Klopper

Arthritis Foundation – Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion and overall stamina, and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression.

58625 Tu & Th 4/11-6/8 1-2 PM \$53/\$65/\$78
58626 F 4/14-6/9 1:15-2:15 PM \$30/\$37/\$43
Exercise Room Side 2/Owen

New! Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. A basic belly dance practice can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength.

59233 F 4/14-6/9 2:30-3:30 PM \$37/\$46/\$55
Exercise Room/Ford

Body Resistance

Create resistance and challenge your muscles using your own body weight. Strengthen, tone and stretch your way to better fitness. Bring a yoga sticky mat, this class includes work on the mat.

58628 F 4/14-6/9 10-10:45 AM \$35/\$44/\$53
Blossom Room/Finn

Body Sculpt Workout

Work all your major muscle groups with the use of weights, bands and tubes. The instructor guides you through each movement. All exercises are appropriate for seniors. This class includes work on the mat.

58629 F 4/14-6/9 9-9:45 AM \$40/\$50/\$60
Thomas Farm CC/Ramsey

Celebrating 35 years

"Participating in exercise class keeps me alive."

-Betty Chan

Caribbean Dance

Learn how to dance salsa, cha cha cha, guaguanco and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You combine the steps to create fun Caribbean dances performed to live music. No class May 3 and May 24.

58630 W 4/12-6/21 11 AM-12 PM \$45/\$56/\$67
Carnation Room/Delgado-Alba

New! Caribbean Dance Fiesta

Join us and dance the afternoon away with salsa, cha,cha,cha and other Caribbean dances. Enjoy live music while you move around the dance floor. Basic instructions are given. No experience necessary.

58980 F 5/5 1-2:30 PM \$5/\$7/\$10
Twinbrook CRC

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility and endurance, and promote better circulation. No class May 29.

58631 M & W 4/10-6/12 11 AM-12 PM \$48/\$60/\$68
Exercise Room/Ramsey

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. You can direct the flow of your body's energy to help prevent disease and build strength.

58632 F 4/14-6/9 11:15 AM-12 PM \$45/\$56/\$67
Blossom Room/Helfer

Easy Feet

Using fun, energetic music, learn easy-to-follow patterns while receiving a great light-cardio workout. Appropriate for beginners.

58633 F 4/14-6/9 11:15 AM-12 PM \$30/\$38/\$45
Exercise Room/Finn

Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. Wednesday class will be held in the Carnation room. No class May 29.

58634 M & W 4/10-6/12 10-10:50 AM \$48/\$60/\$72
Exercise Room/Serrano-Gonzalez

Easy Zumba – Bilingual

Esta clase inspirada en musica Latina, es apropiada para principiantes. “Easy Zumba” está diseñada para ayudarle a ejercitar todo su cuerpo mientras se divierte bailando. Las instrucciones se proveerán en español e inglés. This Latin-inspired class is appropriate for beginners. Easy Zumba is designed to help you get a total body workout while having fun dancing. Instructions provided in Spanish and English.

58635 F 4/14-6/9 10:45-11:35 AM \$30/\$38/\$45
Twinbrook CRC/Serrano-Gonzalez

Forever Fit

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work is done. Exercises are appropriate for most fitness levels. No class May 29.

58639 M 4/10-6/12 12:10-12:50 PM \$30/\$38/\$45
58638 Tu & Th 4/11-6/8 10-10:50 AM \$60/\$75/\$90
Exercise Room/Finn

Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This workout is for most fitness levels.

58640 Sa 4/15-6/10 10-11 AM \$45/\$56/\$67
Exercise Room/Owen

New! On Your Feet – Yoga Blend

This class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. No class May 29.

58644 M 4/10-6/12 10:30-11:15 AM \$40/\$50/\$60
Lincoln Park CC/Finn

58643 W & F 4/12-6/9 1:15-2 PM \$65/\$81/\$98
Exercise Room/Finn

Fitness Club

Interested in becoming a Fitness Club member? Work out in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only which can be made at the front desk. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Both basic and plus training are done by appointment only. Some Saturday appointments may also be available. Appointments can be made at the Senior Center front desk.

Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members.

58636 M-F 4/10-7/28 8 AM-6:30 PM \$15

Exercise Machine Training – Plus

For those who want more than the required basic training program, this training is led by one of our certified personal trainers. Receive a basic exercise plan designed specifically for you at the end of your session.

58637 M-F 4/10-7/28 8 AM-6:30 PM \$40
Fitness Room

Questions about your workout? Ask the Trainer!



Call for a free
15-minute
appointment
or stop by the Fitness
Room desk.

(fitness members only)
240-314-8813

Fitness and Sports

Personal Trainer

Be evaluated by a nationally certified personal trainer who designs an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

One – One Hour Session

58645 M-F 4/10-7/28 8 AM-6:30 PM \$49

Two – One Hour Sessions

58646 M-F 4/10-7/28 8 AM-6:30 PM \$95

Three – One Hour Sessions

58647 M-F 4/10-7/28 8 AM-6:30 PM \$135

Six – One Hour Sessions

58648 M-F 4/10-7/28 8 AM-6:30 PM \$250

Ten- One Hour Sessions

58649 M-F 4/10-7/28 8 AM-6:30 PM \$395
Fitness Room

New! Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). Class is appropriate for beginners.

59217 Tu 4/11-6/6 2:15-3 PM \$57/\$71/\$85
Exercise Room/Finn

58651 Th 4/13-6/8 11-11:45 AM \$57/\$71/\$85
Lounge/Finn

Pilates – Intermediate Workout

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

58650 Th 4/13-6/8 2:15-3 PM \$57/\$71/\$85
Exercise Room/Klopfer

Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor.

58654 M-F 4/10-7/28 8 AM-6:30 PM \$299/\$349/\$375
Fitness Room

Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist.

58653 M-F 4/10-7/28 8 AM-6:30 PM \$299/\$349/\$375
Fitness Room

New! Put Your Best Foot Forward

This is a safe and fun indoor walking class. Including balance exercises, this program helps improve stability, coordination, leg strength and posture, which can improve overall daily life. No class May 29.

58655 M 4/10-6/12 9:30-10:15 AM \$33/\$38/\$48
Lincoln Park CC/Finn

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class is held at Lincoln Park Community Center.

58656 M & W 4/10-6/21 1:30-2:15 PM Free
58657 M & W 4/10-6/21 2:20-3:05 PM Free
Carnation Room/Aehle

Connect • Create • Celebrate

New! Shake Shimmy and Roll

Treat yourself to an afternoon of fun and fitness. Join us while we shake, shimmy and roll using Zumba, belly dance, and Caribbean music and movements. Light refreshments will be provided.

58979 Tu 3/28 1:30-3:00 PM \$7/\$9/\$12
Carnation Room

Show Stoppers

The Show Stoppers, a dance performance group, will perform at various functions throughout the year. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star. For Senior Center members only.

58659 Tu & F 4/18-6/16 12:15-1 PM Free
Carnation Room/Finn

Strength and Stretch

This class begins with 30 minutes of strength training exercises, which includes the use of weights, tubes and bands as well as core-strengthening mat work. Cool down with 15 minutes of stretching, leaving the body relaxed. Class includes work on the mat.

58660 F 4/14-6/9 9-9:45 AM \$40/\$50/\$60
Exercise Room/Smith

Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class includes work on the mat.

58661 Tu & Th 4/11-6/8 9-9:45 AM \$64/\$80/\$96
Exercise Room/Ramsey

Stretch With Ease

This easy-to-follow class helps you increase your flexibility while incorporating simple stretches and basic yoga movements. This class is appropriate for most fitness levels. Bring a yoga sticky mat. Class includes moves on the mat.

58662 Sa 4/15-6/10 11:15 AM-12 PM \$40/\$50/\$60
Exercise Room/Owen

T'ai Chi Ch'uan – Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class incorporates and compares different styles of T'ai Chi including aspects of history and culture. For Senior Center members only. No class April 20.

58663 Tu & Th 4/11-6/20 10-10:50 AM \$8
Carnation Room/Gegan

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes mat work. No class May 29.

58668 M 4/10-6/12 9-9:45 AM \$45/\$56/\$68
58669 F 4/14-6/9 12:10-12:55 PM \$45/\$56/\$68
Exercise Room/Klopfer

Triple Challenge

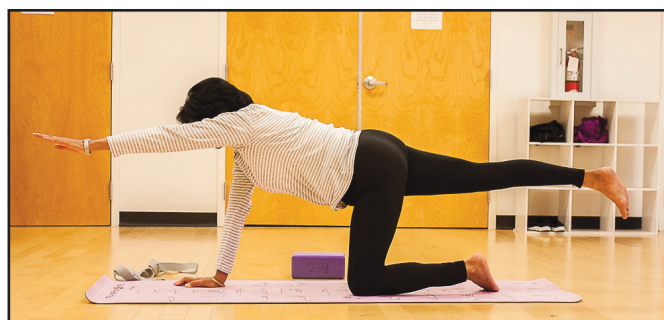
This class addresses the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only one hour. Class can be modified for most fitness levels. This class includes work on the mat.

58670 W 4/12-6/7 5-6 PM \$45/\$56/\$68
Exercise Room/Biedscheid

Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates. This class is performed in slow, flowing patterns. Bring a yoga sticky mat. No class May 29.

58671 M 4/17-6/19 11:15 AM-12 PM \$45/\$56/\$67
Carnation Room/Mustafa



Fitness and Sports

Walking Strong

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This class includes muscle-boosting exercises to increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

58672 Tu & Th 4/11-6/8 12:15-12:45 PM \$25/\$30/\$38
Exercise Room/Owen

Yo-Chi and Balance

This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program improves stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Class is appropriate for most fitness levels. Bring a yoga sticky mat. No class May 29.

58674 M 4/10-6/12 1-1:45 PM \$30/\$37/\$43
Exercise Room/Serrano-Gonzalez

Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Bring a yoga sticky mat. No class May 29.

58676 M 4/17-6/19 6:15-7:15 PM \$40/\$50/\$60
Exercise Room/Mustafa

58675 Tu & Th 4/11-6/8 1-2 PM \$70/\$88/\$105
Exercise Room Side 1/Mustafa

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

58677 W & F 4/12-6/9 (W) 9:50-10:50 AM \$93/\$116/\$139
Exercise Room/Figlere (F) 10-11 AM

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total-body conditioning workout using the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

58678 W 4/12-6/7 8:45-9:30 AM \$50/\$63/\$75
Exercise Room/Finn

New! Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout. No class May 29.

58679 M 4/10-6/12 5-6 PM \$35/\$44/\$53
Exercise Room/Ford

58680 Th 4/13-6/8 11-11:45 AM \$33/\$41/\$48
Lincoln Park CC/Ford

Sports – Instructional

We recommend bringing a water bottle to all sports programs.

Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center, which has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing.)

58627 W & F 4/12-7/28 8:45-9:45 AM Free
Gymnasium

Table Tennis – Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes. No class on May 29.

58666 M 4/24-6/5 1-2 PM \$28/\$35/\$42
Game Room/Dr. Young

35 years making a difference!

Table Tennis – Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

58665 W 4/26-5/31 1-2 PM \$28/\$35/\$42
Game Room/Dennis

Table Tennis – Advanced

This class is for players who have advanced beyond the intermediate level of play. Participants must have strong knowledge of rules and scoring.

58664 F 4/28-6/2 1-2 PM \$28/\$35/\$42
Game Room/Coach Fred

Wii Bowling

Join this fun group of seniors and bowl indoors on Friday mornings at the senior center — all through the game system, Wii. A light-weight remote is the key to this fun interactive game. Senior Center members only.

58673 F 4/14-6/9 10 AM-12 PM Free
Azalea Room

Sports – Leagues

We recommend bringing a water bottle to all league practices and games.

Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. Court is located behind the Senior Center. If interested in joining a team, register at the Rockville Senior Center front desk. For Senior Center members only.

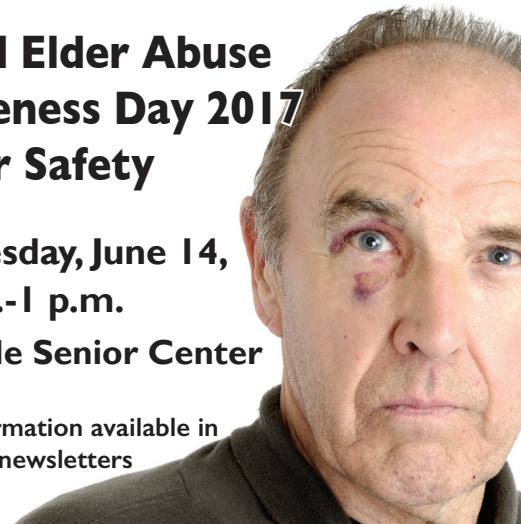
59219 Tu & Th 4/4-6/22 10-11 AM Free
Bocce Ball Court



World Elder Abuse Awareness Day 2017 Senior Safety

**Wednesday, June 14,
10 a.m.-1 p.m.
Rockville Senior Center**

more information available in
upcoming newsletters



Game Room Activities

Play pool and table tennis daily in the Senior Center game room. Open 8:30 a.m.-7 p.m., Monday and Wednesday, 8:30 a.m.-5 p.m., Tuesday, Thursday and Friday, and 8:30 a.m.-2:45 p.m., Saturday. Practice games, clinics, instruction and tournaments are held regularly. Table tennis is also available at Twinbrook Community Recreation Center from 9-10 a.m., Wednesday. For Senior Center members only.

58641 M-Sa 4/10-7/15 8:30 AM-5 PM Free
Game Room

Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing.)

58642 W & F 4/12-7/28 10-11 AM Free
Twinbrook CRC

Duffers Club

It's time to begin the 2017 golf season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both nine- and 18-hole play are available. Please join us for our annual Duffers organizational meeting at 10 a.m., March 22, at the Rockville Senior Center.

59218 M 4/24-8/28 7:30 AM-1 PM \$6/\$7/\$9
Reamy

Fitness and Sports

ROGue Tennis

ROGue Tennis is played indoors with a foam ball on a smaller court so play is easy and fun. Our special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. All equipment is provided. No class May 29.

58658 M 4/24-6/19 3:30-4:45 PM \$15/\$18/\$22
Exercise Room

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. A weekly \$9 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

58667 Th 4/13-6/29 1-3 PM Free
Bowl America/Jaques

Senior Swim

Note:All swim classes are held at the Rockville Swim and Fitness Center. Senior residents pay the member fee.

60+ Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used. Age: 60+

58778 Tu & Th 4/18-6/8 2:05-2:50 PM \$36/\$36/\$45

Senior Aquacize – Advanced

This course is similar to “Beginner Senior Aquacize,” only faster paced. (Meets outside during the summer session.) Age: 60-plus.

58882 M & W & F 4/17-6/9 11:05-11:50 AM \$52/\$52/\$65

Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+

58883 M & W & F 4/17-6/9 10:10-10:55 AM \$52/\$52/\$65

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Age: 60+

58884 M & W 4/17-6/7 2:35-3:20 PM \$34/\$34/\$42

Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?

Monday to Friday:

Pickup (for those who call in advance) schedule:
Approx. 9 a.m. and approx. 11 a.m.

Take home times:

Noon • 1 p.m.
2:30 p.m. • 3:30 p.m.

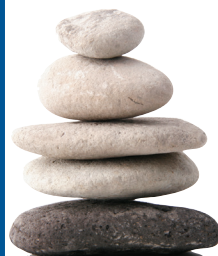
Bus is for City of Rockville residents aged 60 and older. Please see or call the transportation office for a reservation: 240-314-8810

Please call before 2 p.m. the day before and Friday for a Monday pickup

Ask the Wellness Coach!

Let our coach check your body fat composition and help monitor your blood pressure.

Ask questions related to nutrition, diet and general health.



Call for your free 15-minute appointment or stop by the Rockville Senior Fitness Room desk.
(fitness members only)

240-314-8813

Caring for the Skin You're In

Shane O'Neil, physician assistant from The Dermatology Center and Rockledge Med Spa, reviews common skin disorders among older adults, and the importance of skin screenings and how to care for your skin.

58974 Th 6/22 1-2 PM Free
Azalea Room

Chest-Compression – Only CPR & AED Class

Developed in Tucson at the University of Arizona Sarver Heart Center, chest-compression-only CPR is easy to learn, easy to remember and easy to perform. An experienced American Heart and American Safety Health Institute instructor walks you through the necessary steps and answers your questions,

59173 Tu 4/18 1-2:30 PM Free
Azalea Room

Diabetes Self-Management Education Program

This six-week workshop includes techniques to deal with symptoms of diabetes (such as fatigue, pain, hyper/hypo-glycemia, stress and emotional problems), diet and exercise, use of medications and working effectively with health-care providers. Participants receive a copy of the companion book, "Living a Healthy Life with Chronic Conditions, 4th Edition." Presented by Adventist Healthcare Center for Health Equity and Wellness.

58773 M 4/3-5/8 10:30 AM-1 PM Free
Blossom Room

Effective Communication with your Health-Care Provider

Effective communication between a health-care provider and patient is key to improving patient satisfaction, treatment compliance and health concerns. Adventist HealthCare, Community Health Education Coordinator, Bozena Skraban discusses strategies and tips that help you communicate clearly and more effectively.

59078 Tu 6/6 1-2:30 PM Free
Arts and Crafts Room

Gluten Truth in Nutrition: Hemp, Cauliflower, Avocado

What is the REAL truth about the latest senior nutrition? This session focusses on specific foods and diet questions that are posed to nutrition experts. Lots of time for questions and answers. Start making your list now! Presented by Melanie Polk, MMSc, RDN, FADA, director, Senior Nutrition Program, Montgomery County HHS.

58770 Tu 4/4 1-2 PM Free
Azalea Room

Memory Cafe and Care Partner Support Group

Connect and share with others who understand the experience of having a loved one with a dementia-related illness. You are not alone on this journey. Meets weekly on Tuesday evenings.

58711 Tu 4/4-5/30 6-7 PM Free
Azalea Room

Self Help w/Jin Shin Jyutsu

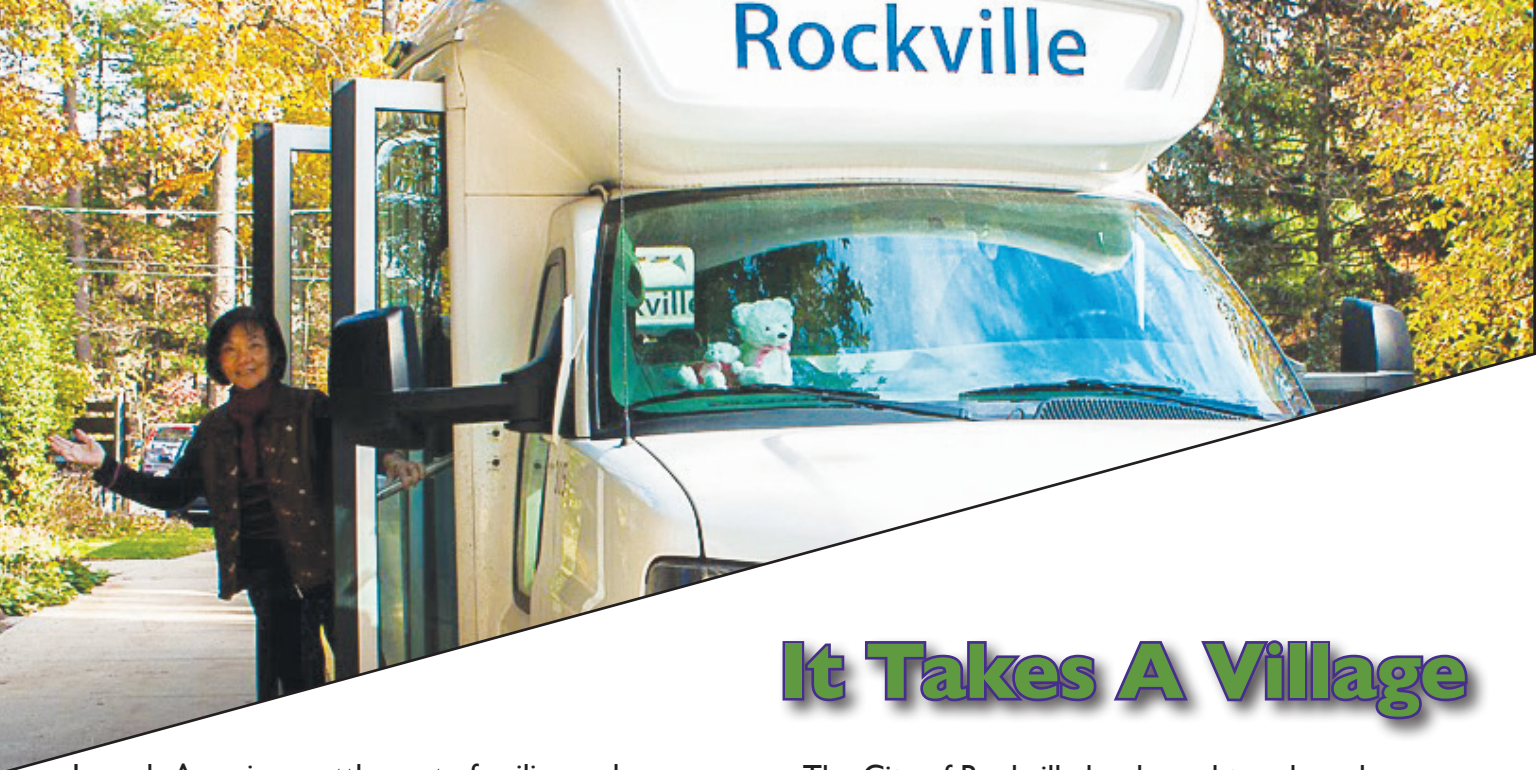
Jin Shin Jyutsu is an ancient healing art that helps balance the body's energy and promotes optimum health and healing. Learn ways to help prevent colds, headaches, stomachaches, tiredness, breathing and much more. Presented by Betty Figlure, BA, MSC, LMT, certified yoga instructor and Jin Shin. Open to new or continuing students.

58769 Th 4/13-4/27 1-2:30 PM Free
Azalea Room

Stress Reduction/Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax and come to a more peaceful sense of being. There will be time for meditation and discussion. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 30 years.

58771 M 4/3-6/12 1-2 PM Free
Board Room



It Takes A Village

In early American settlements, families and individuals relied on each other for survival. Hunters hunted, farmers farmed and craftsman crafted. Everyone drew on each other's talents and bounty. Children were reared by the settlements (villages) and elders were cared for by the community.

Times have changed drastically. Today, our "settlements" are larger and more diverse. There are more distractions, more time demands. What hasn't changed is our basic need — our basic human need for connectedness and support when we are vulnerable. There is a national movement underway to begin and expand the concept of "Villages" within neighborhoods so people can remain so they can remain in their homes, safely and happily. In other words, so they can age in place.

Aging Information, Services and Support for Seniors and families may be obtained by calling the Center 240-314-8810.

Now Senior Support Services are extended beyond the Rockville Senior Center! Meet with our outreach workers at:

Twinbrook Community Center

(240-314-8830) on Fridays, 10:30 a.m.-12:30 p.m.

Lincoln Park Community Center

(240-314-8780) on Mondays, 10-11:30 a.m.

The City of Rockville has brought on board a villages facilitator, Trish Evans. Her role is to support members of the community establish, grow and nurture neighbor to neighbor support networks throughout the city.

She is available to meet with you and other members interested in finding out more about getting a Village started in your community. Evans can be contacted at pevans@rockvillemd.gov or by calling: 240-314-8807.

Senior Citizens Commission

The Commission is appointed by the Mayor and Council. The commission identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities.

For more information, visit: www.rockvillemd.gov/boardsandcommissions

Aging in Place

Certified Senior Advisor Steve Lorberbaum and Rockville Village Facilitator Trish Evans speak about aging in place. They discuss the village concept and cover the following topics: home safety, fall prevention, safety checklist, support networks and more.

59196 W 4/19 1-3 PM Free
Blossom Room

Ap Chat

Todd Tolson, with Bridge an Ap is here to discuss ways to ask family members or friends for help and about services available to seniors, including online or over the phone shopping.

59195 M 4/24 1-3 PM Free
Card Room

End of Life Care

Get the insight and guidance you need to help navigate this sensitive topic and enable your loved ones to make informed decisions. Understand palliative care, advance directives and MOLST forms. Co-sponsored by Montgomery Hospice.

58972 Th 4/27 1-2:30 PM Free
Azalea Room

Long-Term Care Round Circle

Share stories and ideas about long-term care. Face the realities and facts together. Joe Sperling, a member and insurance broker with a focus in long-term care, leads the discussion.

59230 Tu 4/25 1-2 PM Free
Azalea Room

Rockville Emergency Assistance Program (REAP)

For residents 60-plus the emergency assistance is available for eligible City of Rockville senior residents experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact Martha McClelland at 240-314-8816, or Miriam Minera, 240-314-8817.

Daily Lunch: Hot and cold lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required: 240-314-8810.

Spring has Sprung: Energy Tips for Warmer Weather

Is your home as energy efficient as it can be? A DEP residential energy program manager walks through the components of the Quick Home Energy Checkup to help you save energy and money in your home this season.

59229 Th 4/20 1-3 PM Free
Arts and Crafts Room

Estate Planning Essentials

Stephen R. Elville, Esq., principal of Elville and Associates, explores estate-planning topics and incapacity planning issues including: wills vs. trusts; probate vs. non-probate; understanding non-probate devices; planning for incapacity, Medicaid — myths versus reality; estate tax planning in an uncertain environment; asset protection; and protecting shares for children and grandchildren. Elville is available to answer your questions through the course of the presentation.

58973 Th 4/6 1-2 PM Free
Azalea Room

Ride Smart Travel Training

Navigate the transit systems in the D.C.-metro region. Senior Smartrip cards will be available for those who don't have them.

58971 Tu & W 5/9-5/10 10 AM-2 PM Free
Azalea Room

Alzheimer's and Related Dementia Care Partners Support Group

People with memory loss and their care companions come together in a safe, supportive environment. Pack a lunch. Meets first and third Monday of each month.

58702 M 4/17 11 AM-1 PM Free
Blossom Room

General Information

Registration Begins:

- Tuesday, March 7 senior center member.
- Thursday, March 9 senior center non member, 8:30 a.m. by mail, fax, walk-in and online. Swim center class registration (found on pg. 27) begins for swim center members on Feb 23.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$10; swim \$10.

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

Program Assistance Fund:

- Tax-deductible donations to this fund are accepted at the front desk of the senior center or through the check off box on the registration form.



**Most convenient method.
7 days a week.**

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville Senior Center - 240-314-8809

3. Mail to:

- Rockville Senior Center
1150 Carnation Drive 20850

4. Walk-In:

- Call in advance to avoid unnecessary trips. Rockville City Hall and community centers accept walk in registrations. The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. please call for operating hours to avoid unnecessary trips.

Program Assistance Fund*

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips.

Here's how you apply:

Please call 240-314-8810 for additional questions or an application appointment.

- Photo ID and/or verification document that you live in the city limits of Rockville is required.
- Documents required include: your most recent tax return, Medicaid, Supplemental Income (SSI) or Social Security Disability Insurance (SSDI) certifications; and other documents if necessary.

*renewed annually

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Registration Form

*Required Info | Info Requerida

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 _____ \$25 _____ \$50 _____ Other \$ _____

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Main Line | Línea principal: 240-314-8800 • www.rockvillemd.gov/seniorcenter • Fax: 240-314-8809

Rockville Senior Center • 1150 Carnation Dr., Rockville, MD 20850

ECR WSS
Residential Customer

Rockville Senior Center

*Celebrate 35 years of making a positive
difference in the lives of seniors.*

35th Anniversary Events

Dinner Dance:

April 4

Birthday Party:

April 5

Movie Day:

April 12

Wine and Cheese:

April 18

Hero Walk:

April 21

Mardi Gras in April:

Rockville Seniors Inc. –

A night of Jazz and Charity:

April 27

*Stay tuned for more
information*

Thank you to Bright View Senior Living West End, Collingswood Nursing and Rehabilitation Center, and Rockville Senior Citizens Commission for helping sponsor these events!